

EFNEP Food Guidance System

Food Group	One Serving Equals		Min. No. Servings
Breads and Cereals	1 slice bread or dinner roll 1/2 bun or bagel, English muffin 1/2 cup cooked cereals, noodles, and rice 1 oz. dry cereal (3/4 C most types)	4-inch pancake or waffle 1 small muffin (2 oz) or tortilla 4 saltine crackers, 2 graham crackers, 5 rice crackers 3 cups popcorn	6
Fruits	3/4 cup juice 1 medium or 1/2 cup sliced fruit 1/4 cup dried fruit	<u>Vitamin A rich</u> (Min 100 RE) 3/4 cup apricot or vegetable juice 1/4 cup dried apricots 1/2 cup cantaloupe, papaya or mango	<u>Vitamin C rich</u> (Min 15 mg) 3/4 cup citrus or enriched juice 1 orange, kiwi, mango, tangerine 1/2 cup cantaloupe, papaya, mango
Vegetables	1/2 cup sliced or cooked vegetable 1 cup lettuce or raw leafy vegetable	1/2 cup cooked dark green leafy vegetable, broccoli, sweet potato, pumpkin, yellow squash	1/2 cup cooked cabbage, broccoli, cauliflower, sweet peppers, taro leaves or tomato
Meats and Alternates (~ 15 g protein)	3 oz. cooked lean meat: chicken, turkey, fish, beef, pork, or other meats 2 eggs 4 fish sticks, 3 hotdogs	1 cup cooked dry beans 1 cup tofu 1/2 cup nuts and seeds 4 Tbsp. peanut butter	2
Milk Products and Calcium Sources (Min 250 mg calcium)	1 cup milk, yogurt, tofu made with calcium, milk shakes 1 1/2 oz. or 1/3 cup grated cheese (like cheddar, mozzarella, etc.) 1 1/2-2 slices American cheese	3 ounces canned sardines w/ bones 2 cups cottage cheese 1 cup pudding, custard or flan 1 1/2 cups ice milk, ice cream, frozen yogurt, cream soups	2-3

Eat these groups of foods in moderation:

Added fats and sugars: (~35 kcals each)	Added Sugars: (8g) 2 tsp. sugar, syrup, jelly; 1/2 Tbs. molasses; 3 oz. soda	Added Fats: (4-5g) one tsp. butter, margarine, mayonnaise, vegetable oil; 1/2 Tbsp salad dressing	No more than 10 servings
Alcohol: (~13 g alcohol)	12 oz. Beer 5 ounces wine	1 1/2 ounce hard liquor (80 proof)	1